Douyon Sebastiampillai

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6 Week I.H.P.A

Week 2:

Cardio workout #1:

A person's face with text above and below

Description automatically generated with medium confidence

Cardio workout #2:

A person's face with text above and below

Description automatically generated with low confidence

Muscle Workout #1: <https://youtu.be/DASjuGiPySw>

Muscle Workout #2: Video link

<https://youtu.be/sduQ3_8Salw>

**Week 2**

**Questions:**

1. What effect is the activity plan having on you? (energy, sleep, mood, or self-confidence)

* It improves my concentration, memory, motivation, and mood. It also boosts the circulation of oxygen throughout my body.

1. How long should you rest after completing a muscular workout? Why?

* You should rest around 1-2 days because this will give the muscle the time to heal and repair itself.

1. What happens if you don’t?

* If you skip rest days, this will lead you body being burnout or overtrained.

1. What are the health risks related to poor muscular fitness?

* The health risks related to poor muscular fitness are heart disease.

Week 3

Cardio Workout #1

A picture containing text, monitor, electronics, screen

Description automatically generated

Cardio Workout #2

Graphical user interface, application

Description automatically generated

Muscle Workout #1: <https://youtu.be/C9nb0PMEDEw>

Muscle Workout #2 : <https://youtu.be/o3LEw0pWuf8>

Week 3 :

1. Do you need to revise your original goals?

* No I don’t need to revise my original goals at the time.

1. Are your goals still realistic? Why or why not? State your new goals if they’ve changed.

* I believe my goals are realistic because for the workout, it works out my full body and for the cardio, it helps me lose some body fat.

1. What is working in your program?

* I believe what is most working in my program more is the cardio even though I’m not at goal just yet but I feel I will get there soon.

1. What do you need to change?

* The one I need to change is mostly for my workout where I need to increase my reps more because normally I start small and work my way up to get better.